

This is a composite questionnaire to accompany the data release. This questionnaire consists of the Diet Behavior Questionnaire (DBQ) instrument that was asked of all ages and a question (DBQ.091) that was asked of 12-15 year olds in the Weight History Questionnaire (WHQ) instrument.

For the complete WHQ instrument administered to 8-15 year olds, please refer to the following link at:

http://www.cdc.gov/nchs/about/major/nhanes/nhanes2005-2006/questexam05_06.htm.

2005-06 Questionnaire

DIET BEHAVIOR AND NUTRITION - DBQ Target Group: SPs Birth + (Questions grouped by age categories)

BOX 1

CHECK ITEM DBQ.005:
IF SP AGE <= 6, CONTINUE.
OTHERWISE, GO TO BOX 2.

DBQ.010 Now I'm going to ask you some general questions about {SP's} eating habits.

Was {SP} ever breastfed or fed breastmilk?

- YES 1
- NO 2 (DBQ.040)
- REFUSED 7 (DBQ.040)
- DON'T KNOW 9 (DBQ.040)

DBQ.020 How old was {SP} when {he/she} was **first** fed something other than breastmilk or water?
G/Q/U

INCLUDE FORMULA, JUICE, SOLID FOODS

- |_|_|_|_|
ENTER AGE IN DAYS, WEEKS, MONTHS OR YEARS
- NEVER 2 (BOX 2)
 - REFUSED 777 (BOX 2)
 - DON'T KNOW 999 (BOX 2)

- ENTER UNIT
- DAYS..... 1
 - WEEKS 2
 - MONTHS..... 3
 - YEARS 4
 - REFUSED 7
 - DON'T KNOW 9

DBQ.030 How old was {SP} when {he/she} **completely stopped** breastfeeding or being fed breastmilk?
G/Q/U

- |_|_|_|_|_|
ENTER AGE IN DAYS, WEEKS, MONTHS OR YEARS
- STILL BREASTFEEDING..... 6666
 - REFUSED 7777
 - DON'T KNOW 9999

- ENTER UNIT
- DAYS..... 1
 - WEEKS 2
 - MONTHS..... 3
 - YEARS 4
 - REFUSED 7
 - DON'T KNOW 9

DBQ.040 How old was {SP} when {he/she} was **first** fed formula on a **daily basis**?
G/Q/U

INCLUDE CHILDREN RECEIVING FORMULA **AND** THOSE RECEIVING FORMULA AND BREASTMILK AT THE SAME TIME

|_|_|_|_|

ENTER AGE IN DAYS, WEEKS, MONTHS OR YEARS

NEVER ON A DAILY BASIS..... 2 (DBQ.060)
REFUSED 7777
DON'T KNOW 9999

ENTER UNIT

DAYS..... 1
WEEKS 2
MONTHS..... 3
YEARS 4
REFUSED 7
DON'T KNOW 9

DBQ.050 How old was {SP} when {he/she} **completely stopped** drinking formula?
G/Q/U

|_|_|_|_|

ENTER AGE IN DAYS, WEEKS, MONTHS OR YEARS

STILL DRINKING FORMULA 6666
REFUSED 7777
DON'T KNOW 9999

ENTER UNIT

DAYS..... 1
WEEKS 2
MONTHS..... 3
YEARS 4
REFUSED 7
DON'T KNOW 9

DBQ.060 How old was {SP} when {he/she} was first fed **milk** on a daily basis?
G/Q/U

INCLUDE LACTAID AS MILK
DO NOT INCLUDE BREASTMILK OR FORMULA

|_|_|_|_|

ENTER AGE IN DAYS, WEEKS, MONTHS OR YEARS

NEVER ON A DAILY BASIS..... 2 (DBQ.080)
REFUSED 7777
DON'T KNOW 9999

ENTER UNIT

DAYS..... 1
WEEKS 2
MONTHS..... 3
YEARS 4
REFUSED 7
DON'T KNOW 9

DBQ.072 What type of milk was {SP} **first** fed on a daily basis? Was it . . .

CODE ALL THAT APPLY

whole or regular,..... 10
2% fat or reduced-fat milk..... 11
1% fat or low-fat milk (includes 0.5% fat milk or
"low-fat milk" not further specified),..... 12
fat-free, skim or nonfat milk or 13
another type?..... 30
REFUSED 77
DON'T KNOW 99

DBQ.080 How old was {SP} when {he/she} **started** eating solid foods [such as strained foods like baby food or any other
G/Q/U non-liquid foods] on a daily basis?

|_|_|_|_|

ENTER AGE IN DAYS, WEEKS, MONTHS OR YEARS

NEVER ON A DAILY BASIS..... 2
REFUSED 7777
DON'T KNOW 9999

ENTER UNIT

DAYS..... 1
WEEKS 2
MONTHS..... 3
YEARS 4
REFUSED 7
DON'T KNOW 9

BOX 2

CHECK ITEM DBQ.085:

IF SP AGE >= 16, CONTINUE.

IF SP AGE <16 BUT >= 1, GO TO DBQ.197.

OTHERWISE, GO TO FSQ.651.

DBQ.700 Next I have some questions about {your/SP's} eating habits.

In general, how healthy is {your/his/her} overall diet? Would you say . . .

- excellent, 1
- very good, 2
- good, 3
- fair, or 4
- poor? 5
- REFUSED 7
- DON'T KNOW 9

BOX 3

OMITTED

BOX 4

OMITTED

DBQ.197 {Next I have some questions about {SP's} eating habits.}

{First/Next} I'm going to ask a few questions about **milk products**. Do not include their use in cooking.

In the **past 30 days**, how often did {you/SP} have milk to drink or on {your/his/her} cereal? Please include chocolate and other flavored milks as well as hot cocoa made with milk. Do not count small amounts of milk added to coffee or tea. Would you say . . .

HAND CARD DBQ1

CAP I INSTRUCTION:

THIS SHOULD **NOT** BE A GATE QUESTION ANYMORE.

CAP I DISPLAY INSTRUCTIONS: IF SP AGE 7-15 YEARS OLD, DISPLAY "{Next I have some questions about {SP's} eating habits.} First, I'm going to ask about milk products. Do not include their use in cooking. IF SP AGE <= 6 OR => 16 YEARS OLD. DISPLAY "Next I'm going to ask a few questions about milk products. Do not include their use in cooking."

- never, 0 (BOX 6)
- rarely – less than once a week, 1
- sometimes – once a week or more, but
less than once a day, or..... 2
- often – once a day or more? 3
- VARIED 4
- REFUSED 7 (BOX 6)
- DON'T KNOW 9 (BOX 6)

DBQ.222 What type of milk was it? Was it usually . . .

IF RESPONDENT CANNOT PROVIDE USUAL TYPE, CODE ALL THAT APPLY

- whole or regular, 10
- 2% fat or reduced-fat milk..... 11
- 1% fat or low-fat milk (includes 0.5% fat milk or
"low-fat milk" not further specified), 12
- fat-free, skim or nonfat milk or 13
- another type?..... 30
- REFUSED 77
- DON'T KNOW 99

BOX 6

CHECK ITEM DBQ.225:
IF SP AGE >= 20, CONTINUE.
OTHERWISE, GO TO BOX 9.

DBQ.229 The next question is about **regular** milk use.

A regular milk drinker is someone who uses any type of milk at **least 5 times a week**. Using this definition, which statement best describes {you/SP}?

HAND CARD DBQ2

- {I've/He's/She's} been a **regular** milk drinker for **most** or **all** of {my/his/her} life, including {my/his/her} childhood;..... 1
- {I've/He's/She's} **never** been a **regular** milk drinker; 2 (BOX 8A)
- {My/His/Her} milk drinking has **varied** over {my/his/her} life – sometimes {I've/he's/she's} been a **regular** milk drinker and sometimes {I have/he has/she has} **not** been a regular milk drinker 3
- REFUSED 7 (BOX 8A)
- DON'T KNOW 9 (BOX 8A)

DBQ.235
a/b/c

Now, I'm going to ask you how often {you/SP} drank **milk** at different times in {your/his/her} **life**.

How often did {you/SP} drink any type of milk, including milk added to cereal, when {you were/s/he was} . . .

HAND CARD DBQ3

IF NECESSARY, PROBE FOR USUAL OR MOST COMMON AMOUNT FOR THIS TIME PERIOD

CAPI INSTRUCTION:

THESE (A-C) SHOULD **NOT** BE GATE QUESTIONS ANYMORE.

a. **a child between the ages of 5 and 12 years old? Would you say . . .**

- never, 0
- rarely – less than once a week, 1
- sometimes – once a week or more, but
less than once a day, or..... 2
- often – once a day or more? 3
- VARIED 4
- REFUSED 7
- DON'T KNOW 9

b. **a teenager between the ages of 13 and 17 years old? Would you say . . .**

- never, 0
- rarely – less than once a week, 1
- sometimes – once a week or more, but
less than once a day, or..... 2
- often – once a day or more? 3
- VARIED 4
- REFUSED 7
- DON'T KNOW 9

c. **a young adult between the ages of 18 and 35 years old? Would you say . . .**

- never, 0
- rarely – less than once a week, 1
- sometimes – once a week or more, but
less than once a day, or..... 2
- often – once a day or more? 3
- VARIED 4
- REFUSED 7
- DON'T KNOW 9

BOX 8A

CHECK ITEM DBQ.265A:
IF SP AGE >= 60, CONTINUE.
OTHERWISE, GO TO BOX 11.

DBQ.301 The next questions are about meals provided by community or government programs.

In the **past 12 months**, did {you/SP} receive any meals **delivered** to {your/his/her} home from community programs, "Meals on Wheels", or any other programs?

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW 9

DBQ.330 In the **past 12 months**, did {you/SP} go to a community program or senior center to eat prepared meals?

INCLUDE ADULT DAY CARE

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW 9

BOX 8B

CHECK ITEM DBQ.335:
GO TO BOX 11.

BOX 9

CHECK ITEM DBQ.355:
IF SP AGE 4-19, CONTINUE.
OTHERWISE, GO TO BOX 10.

DBQ.360 During the **school year**, {do you/does SP} attend a kindergarten, grade school, junior or high school?

- YES 1
- NO 2 (BOX 10)
- REFUSED 7 (BOX 10)
- DON'T KNOW 9 (BOX 10)

DBQ.370 Does {your/SP's} school serve school lunches? These are **complete** lunches that cost **the same every day**.

- YES 1
- NO 2 (DBQ.400)
- REFUSED 7 (DBQ.400)
- DON'T KNOW 9 (DBQ.400)

DBQ.381 G/Q During the **school year**, about how many times a week {do you/does SP} usually get a complete school lunch?

|__|
ENTER NUMBER OF TIMES

- NONE 2 (DBQ.400)
- REFUSED 7 (DBQ.400)
- DON'T KNOW 9 (DBQ.400)

DBQ.390 {Do you/Does SP} get these lunches free, at a reduced price, or {do you/does he/she} pay full price?

- FREE 1
- REDUCED PRICE 2
- FULL PRICE 3
- REFUSED 7
- DON'T KNOW 9

DBQ.400 Does {your/SP's} school serve a **complete** breakfast that costs **the same every day**?

- YES 1
- NO 2 (BOX 9A)
- REFUSED 7 (BOX 9A)
- DON'T KNOW 9 (BOX 9A)

DBQ.411 G/Q During the **school year**, about how many times a week {do you/does SP} usually get a complete breakfast at school?

|__|
ENTER NUMBER OF TIMES

- NONE 2 (BOX 9A)
- REFUSED 7 (BOX 9A)
- DON'T KNOW 9 (BOX 9A)

DBQ.421 {Do you/Does SP} get these breakfasts free, at a reduced price, or {do you/does he/she} pay full price?

- FREE 1
- REDUCED PRICE 2
- FULL PRICE 3
- REFUSED 7
- DON'T KNOW 9

BOX 9A

CHECK ITEM DBQ.422:
IF DBQ.390 = CODE 1 OR CODE 2 OR DBQ.421 = CODE 1 OR CODE 2,
CONTINUE.
OTHERWISE, GO TO BOX 10.

DBQ.424 {Do you/Does SP} get a free or reduced price meal at any summer program {you/he/she} attends?

- YES 1
- NO 2
- DID NOT ATTEND SUMMER PROGRAM 3
- REFUSED 7
- DON'T KNOW 9

BOX 10

CHECK ITEM DBQ.425A:
IF SP AGE >= 6, GO TO BOX 11.
OTHERWISE, CONTINUE.

FSQ.651 Next are a few questions about the WIC program.

Did {SP} receive benefits from WIC, that is, the Women, Infants, and Children program, in the **past 12 months?**

- YES 1
- NO 2 (BOX 11)
- REFUSED 7 (BOX 11)
- DON'T KNOW 9 (BOX 11)

BOX 10A

CHECK ITEM DBQ.701:
IF SP AGE > 5, GO TO FSQ.671.
OTHERWISE, CONTINUE.

FSQ.661 Is {SP} **now** receiving benefits from the WIC program?

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW 9

FSQ.671 How long {did SP receive/has SP been receiving} benefits from the WIC program?
Q/U

CAPI INSTRUCTION:

HARD EDIT: NUMBER SHOULD NOT BE HIGHER THAN SP'S AGE.

|_|_|

ENTER NUMBER (OF MONTHS OR YEARS)

REFUSED 77
DON'T KNOW 99

ENTER UNIT

MONTHS 1
YEARS 2
REFUSED 7
DON'T KNOW 9

BOX 11

CHECK ITEM DBQ.709:

IF SP AGE < 1 OR SP AGE 12-15, GO TO END OF SECTION.
OTHERWISE, CONTINUE.

DBQ.091 Next, I'm going to ask you about meals. By meal, I mean breakfast, lunch and dinner. On average, how many
G/Q meals per week {do you/does SP} get that were not prepared at a home? Please include meals from both
dine-in and carry out restaurants, restaurants that deliver food to your home, cafeterias, fast-food places, food
courts, food stands, meals prepared at a grocery store, and meals from vending machines.

{Please do not include meals provided as part of the school lunch or school breakfast./ Please do not include
meals provided as part of the community programs you reported earlier.}

CAPI INSTRUCTION:

IF DBQ381G=1 OR DBQ.411G=1, DISPLAY {Please do not include meals provided as part of the school
lunch or school breakfast.}

IF DBQ.301=1 OR DBQ.330=1, DISPLAY {Please do not include meals provided as part of the community
programs you reported earlier.}

|_|_|

ENTER NUMBER PER WEEK

NEVER 2
LESS THAN WEEKLY 666
REFUSED 777
DON'T KNOW 999

BOX 12

CHECK ITEM DBQ.719:

IF SP AGE <= 15 OR IF SP AGE => 16 AND PROXY INTERVIEW, GO TO END OF SECTION.

OTHERWISE, CONTINUE.

DBQ.720 Have you heard of "The Dietary Guidelines for Americans"?

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW 9

DBQ.730 [Have you heard of] "The Food Guide Pyramid"?

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW 9

DBQ.740 [Have you heard of] "The 5-A-Day [for Better Health] Program"?

- YES 1
- NO 2
- REFUSED 7
- DON'T KNOW 9

DBQ.750 Here is an example of a food label. [HAND CARD DBQ4]

This part of the food label is called the "Nutrition Facts" panel. How often do you use the **Nutrition Facts panel** when deciding to buy a food product?

Would you say always, most of the time, sometimes, rarely, or never?

HAND CARD DBQ5

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- NEVER SEEN 6
- REFUSED 77
- DON'T KNOW 99

DBQ.760 How about the **list of ingredients**?
[How often do you use the list of ingredients when deciding to buy a food product? Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD DBQ5

ALWAYS	1
MOST OF THE TIME	2
SOMETIMES.....	3
RARELY	4
NEVER	5
NEVER SEEN	6
REFUSED	77
DON'T KNOW	99

DBQ.770 How about the information on **the size of a serving**?
[How often do you use information on the size of a serving when deciding to buy a food product? Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD DBQ5

ALWAYS	1
MOST OF THE TIME	2
SOMETIMES.....	3
RARELY	4
NEVER	5
NEVER SEEN	6
REFUSED	77
DON'T KNOW	99

DBQ.780 Some food packages contain health claims about the benefits of nutrients or foods like the examples on this card. [HAND CARD DBQ6] How often do you use this kind of **health claim** when deciding to buy a product?

Would you say always, most of the time, sometimes, rarely, or never?

HAND CARD DBQ7

ALWAYS	1
MOST OF THE TIME	2
SOMETIMES.....	3
RARELY	4
NEVER	5
NEVER SEEN	6
REFUSED	77
DON'T KNOW	99

BOX 13

CHECK ITEM DBQ.789:

IF (DBQ.750 = 1-4) OR (DBQ.760 = 1-4) OR (DBQ.770 = 1-4) OR (DBQ.780 = 1-4),
CONTINUE.
OTHERWISE, GO TO DBQ.890.

DBQ.790 When you use the food label to decide about a food product, how often do you look for information about **calories**? Would you say always, most of the time, sometimes, rarely, or never?

HAND CARD DBQ7

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

DBQ.800 [When you use the food label to decide about a food product, how often do you look for information about] **calories from fat**? [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD DBQ7

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

DBQ.810 [When you use the food label to decide about a food product, how often do you look for information about] **total fat**? [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD DBQ7

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

DBQ.820 [When you use the food label to decide about a food product, how often do you look for information about **trans fat**? [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD DBQ7

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

DBQ.830 [When you use the food label to decide about a food product, how often do you look for information about **saturated fat**? [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD DBQ7

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

DBQ.840 [When you use the food label to decide about a food product, how often do you look for information about **cholesterol**? [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD DBQ7

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

DBQ.850 [When you use the food label to decide about a food product, how often do you look for information about **sodium**? [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD DBQ7

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

DBQ.860 [When you use the food label to decide about a food product, how often do you look for information about **carbohydrates**? [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD DBQ7

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

DBQ.870 [When you use the food label to decide about a food product, how often do you look for information about **fiber**? [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD DBQ7

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

DBQ.880 [When you use the food label to decide about a food product, how often do you look for information about **sugars**? [Would you say always, most of the time, sometimes, rarely, or never?]

HAND CARD DBQ7

- ALWAYS 1
- MOST OF THE TIME 2
- SOMETIMES 3
- RARELY 4
- NEVER 5
- REFUSED 7
- DON'T KNOW 9

DBQ.890 Would you say you strongly agree, somewhat agree, neither agree nor disagree, somewhat disagree, or strongly disagree with the following statement: “Some people are born to be fat and some thin; there is not much you can do to change this”?

HAND CARD DBQ8

- STRONGLY AGREE 1
- SOMEWHAT AGREE 2
- NEITHER AGREE NOR DISAGREE 3
- SOMEWHAT DISAGREE 4
- STRONGLY DISAGREE 5
- REFUSED 7
- DON'T KNOW 9

2005-06 Questionnaire

WEIGHT HISTORY – WHQ

Note:

The eating-out question (DBQ.091) was asked as part of the Weight History (WHQ) section administered in the Mobile Exam Center (MEC) to participants 12-15 years old. Please refer to the following link at: http://www.cdc.gov/nchs/about/major/nhanes/nhanes2005-2006/questexam05_06.htm for the complete MEC Weight History (ages 8-15) questionnaire.

BOX 2

CHECK ITEM WHQ.709:

- IF SP AGE >= 12, CONTINUE.
- OTHERWISE, GO TO END OF SECTION.

DBQ.091
G/Q

Next, I'm going to ask you about meals. By meal, I mean breakfast, lunch and dinner. On average, how many meals per week do you get that were **not** prepared at a home? Please include meals from both dine-in and carry out restaurants, restaurants that deliver food to your home, cafeterias, fast-food places, food courts, food stands, meals prepared at a grocery store, and meals from vending machines. Please **do not** include meals provided as part of the school lunch or school breakfast.

ENTER NUMBER PER WEEK

|_|_|

Never	00
Less than weekly	66
REFUSED	77
DON'T KNOW	99